



College Counseling at University Prep

Greetings from the College Counseling Office!

Recommended Websites

UPrep's College Counseling Page:
<http://www.universityprep.org/academics/college-counseling>

Colleges That Change Lives:
www.ctcl.org

Measuring Higher Education
Outcomes — The Gallup-Purdue Index:
www.purdue.edu/newsroom/gallup/

Turning the Tide: Inspiring Concern for
Others and the Common Good through
College Admissions:
<http://tinyurl.com/harvard-tide>

Recommended Books

*Where You Go Is Not Who
You'll Be: An Antidote to the
College Admissions Mania*
by Frank Bruni (2015)

Colleges that Change Lives
by Loren Pope (2012)

*The Gatekeepers: Inside the
Admissions Process of a
Premier College*
by Jacques Steinberg (2003,
20th Edition with New Afterword)

Our role is to educate, counsel, advocate and celebrate our students during the college process. When students enter their junior year, we are fully dedicated to helping them identify and apply to college; they will receive significant individual attention. Below you will find pertinent information about the college process. It is our hope that this information provides you with both perspective and college admissions related tasks.

Timeline

We are often asked when students should start addressing the college process in earnest. Our emphatic response is: the second semester of junior year. A high school student's primary role is to focus on his or her academic work and extracurricular activities. The majority of the necessary tasks associated with the college process do not occur until spring semester of the junior year. Included is a timeline for all UPrep Upper School students that shows when certain tasks must be completed — most of them won't be until the eleventh grade.

Standardized Testing

We will make sure that no students miss important deadlines related to college. For example, each fall, our sophomore class is automatically registered for the practice test for the ACT (one of two standardized college admission exams). All juniors will automatically be registered for the PSAT, a practice test for the SAT, in the fall of junior year. There is nothing your student needs to do now to prepare; the best approach is to work hard in school and read, read, and read some more! Second semester of junior year is the optimal time to take the SAT and ACT for the first time.

Communication

We will continue to guide your family via emails and letters. We encourage you visit the College Counseling Office's website: www.universityprep.org/academics/college-counseling, where we include information on standardized testing, frequently asked college admissions questions, details on the college application process, summer opportunities, important deadlines, and our college handbook.

Summer Plans

We believe that summer should be a time of exploration and fun for students and an opportunity for experiences that differ from those during the school year. Meaningful activities could include attending camp, babysitting, writing a food blog, working at a law office, serving food at a homeless shelter, traveling, taking a class, or having an internship. For further ideas and suggestions, please see the college counseling website for the Summer Opportunities Handout.

Grades

For many of our students, the freshman year is the first time they receive academic assessment with a grade attached. As you review your student's grades, please note that colleges look at the totality of a student's academic performance, and more closely at grades and courses in the sophomore and junior years. By the very nature of our academic program, every University Prep student is taking the requisite courses to be an exceptional college applicant.

Please do not hesitate to contact us should you have any questions. We wish your son or daughter all the best in the coming years and look forward to working with your family through the college process.

All the best,

The University Prep College Counseling Team



Kelly Herrington
Director
kherrington@universityprep.org
206.832.1226



Britten Nelson
Associate Director
bnelson@universityprep.org
206.832.1111



Wendy Robbins
Assistant
wrobbins@universityprep.org
206.832.1127



UNIVERSITY
PREP

DISCOVER TOGETHER

8000 25th Avenue NE
Seattle, WA 98115
206.525.2714

www.universityprep.org
www.universityprep.org/academics/college-counseling

OUR MISSION

University Prep is committed to developing each student's potential to become an intellectually courageous, socially responsible citizen of the world.

College Counseling Timeline

	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
FALL	<ul style="list-style-type: none"> • Create an outline of challenging yet manageable courses for the next four years • Sign up for extracurricular activities that interest you, and plan to maintain commitment to one or two of them for the next four years 	<ul style="list-style-type: none"> • Continue to sign up for and participate in extracurricular activities 	<ul style="list-style-type: none"> • Continue participation in extracurricular activities • Meet with visiting college reps • Take the PSAT exam—all students at University Prep are registered automatically • Attend Junior/Parent/Guardian College Information Night • Meet with visiting college representatives • Attend the National College Fair and Performing and Visual Arts Fair in Seattle • Attend the Seattle Area Independent School College Fair • Register for May AP Exams (if applicable) 	<ul style="list-style-type: none"> • Register for the SAT and the ACT • Meet with college representatives • Attend Senior/Parent/Guardian College Information Night • Ask teachers for recommendations if you haven't already • Share college essays with college counselor; continue working on college essays • Begin preparing financial aid forms for some private schools • Attend the Seattle Area Independent School College Fair • All Early Decision, Early Action, and Early Action Single Choice counselor recommendation and secondary school report forms due to the College Counseling Office • Take the SAT and/or ACT • Register for AP Exams (if applicable) • Attend the National College Fair and Performing and Visual Arts Fair in Seattle • Apply for financial aid; forms should be submitted by early February
WINTER	<ul style="list-style-type: none"> • Start applying for summer enrichment programs, volunteer work, and/or jobs 	<ul style="list-style-type: none"> • Start applying for summer enrichment programs, volunteer work, and/or jobs 	<ul style="list-style-type: none"> • Start applying for summer enrichment programs and/or jobs • Start thinking about the college application process • Meet with counselor to review academic and non-academic achievements and discuss financial aid • Register for SAT exams • Register for ACT exams 	<ul style="list-style-type: none"> • Continue to work hard in school • Remain committed to extracurricular activities—all of senior year counts! • You can still research and apply for private scholarships • Attend Senior/Parent/Guardian College Transition Night
SPRING	<ul style="list-style-type: none"> • Work hard in your classes; maintain good grades • Read. It increases your vocabulary. • Remain active in clubs and activities 	<ul style="list-style-type: none"> • Work hard in your classes; maintain good grades • Read. It increases your vocabulary. • Remain active in clubs and activities • If you are interested in applying to one of the service academies, contact your local congressperson or senator to get information about the application process • Take the practice ACT exam—all students at University Prep are registered automatically 	<ul style="list-style-type: none"> • Visit colleges • Take spring standardized tests: Advanced Placement, SAT and ACT, and AP (if applicable)—we strongly recommend waiting until the second semester of junior year to take these tests • Participate in a meaningful summer experience, as many colleges will ask, "What did you do last summer?" during your senior year • Start thinking about which two teachers should write recommendation letters on your behalf; ask them in person • Schedule parent meeting with college counselor • If you are interested in playing sports in college at the DI or DII level, register with the NCAA Eligibility Center 	<ul style="list-style-type: none"> • Regular decision notification • Thank those who wrote letters of recommendation on your behalf • Visit colleges and spend the night if possible • May 1 is the National Candidate Reply deadline (pick your college!) • Take AP Exams (if applicable) • If you have been put on a waitlist at a school, notify the admissions office that you would like to remain active on the waitlist if you still want to be considered for admission • Graduation
SUMMER	<ul style="list-style-type: none"> • If you're on vacation and there is a college or university nearby, or an older sibling is looking at schools, stop by for an informal visit just to get a sense of what a "college" looks like 	<ul style="list-style-type: none"> • If you're on vacation and there is a college or university nearby, or an older sibling is looking at schools, stop by for an informal visit just to get a sense of what a "college" looks like 	<ul style="list-style-type: none"> • Begin working on college essays and Common Application • Visit colleges formally • Begin applying for private scholarships 	<ul style="list-style-type: none"> • Shop and pack for college! • Remember to take time to spend with your family and friends in a relaxed manner, without talking about college!